now be made, by way of example, to the accompanying drawings, in which

FIG. 1 is a perspective view of apparatus embodying the present invention,

FIG. 2 is an elevational view of a massaging element,
FIG. 3 illustrates a sphere inscribed with a
polyhedron,

 $\,$  FIG. 4 illustrates a massaging element embodying the present invention, and

FIG. 5 illustrates operation of the apparatus and method for massaging a hand.

## DETAILED DESCRIPTION

[0011] FIG. 1 illustrates a container 1 having generally vertical walls and a rectangular, horizontal base. The container is made of a tough, transparent, chemically resistant, waterproof material such as polypropylene and has a lid or cover 15 of the same or a similar material. In the event that the mouth of the container is circular, the cover may be threaded to allow the cover to seal the container.

[0012] Inside the container are multiple massaging elements
2. The massaging elements are freely located in the container,
so that they can be moved around in the container by finger
pressure. The bottom of the container may have recesses (notshown) for locating the massaging elements. Each massaging
element has a generally spherical exterior surface. Conical
massaging protrusions or lugs 3 project from the spherical
exterior surface.

[0013] The massaging elements may be solid and made of material having a Shore hardness number from 5-95, preferably from 40-75. Suitable materials include synthetic polymer materials, such as polystyrene, and wood. The massaging elements may be made of an electrifying material, i.e. a material on which an electrostatic charge can be induced, such

